



# BBQ Beef Ragu Rigatoni with Monterey Jack Cheese

Family 20 Minutes • Little Spice • 2 of your 5 a day

8



Rigatoni Pasta



Bell Pepper



Onion



Garlic Clove



Green Chilli



Monterey Jack  
Cheese



Beef Mince



Worcester Sauce



Tomato Passata



Beef Stock  
Powder



BBQ Sauce

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Lid, Colander, Garlic Press, Grater, Frying Pan, Wooden Spoon, Measuring Jug.

## Ingredients

	2P	3P	4P
Rigatoni Pasta <b>13)</b>	180g	270g	360g
Bell Pepper***	1	1	2
Onion**	1	1	2
Garlic Clove**	1	2	2
Green Chilli**	1	1	1
Monterey Jack Cheese** <b>7)</b>	30g	45g	60g
Beef Mince**	240g	360g	480g
Worcester Sauce <b>13)</b>	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
BBQ Sauce <b>13)</b>	1 sachet	2 sachets	2 sachets

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	509g	100g
Energy (kJ/kcal)	3229 / 772	634 / 153
Fat (g)	25	5
Sat. Fat (g)	12	2
Carbohydrate (g)	90	18
Sugars (g)	19	4
Protein (g)	44	9
Salt (g)	1.90	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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## Cook the Pasta

- Bring a saucepan of **water** up to the boil with **½ tsp** of **salt** for the **rigatoni**.
- When boiling, add the **pasta** bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Make the Sauce

- Once the **garlic** has cooked, add the **tomato passata**, **beef stock powder** and **water for the sauce** (see ingredients for amount).
- Bring to a boil and reduce the heat to a simmer.
- Cook until thickened, 8-10 mins.



## Prep

- Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 1cm sized chunks or as small as you can.
- Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then finely chop.
- Grate the **cheese**.



## Finish Off

- Once thickened, pop the **BBQ sauce** into the pan with the **beef ragu** and bring to the boil. Season the **ragu** to taste with **salt** and **pepper**.
- Pop the **drained pasta** into the pan with the **ragu**. Mix well to combine then remove from the heat.



## Cook the Beef

- Heat a drizzle of **oil** in a frying pan on high heat.
- When the **oil** is hot, add the **beef mince**, **bell pepper** and **chopped onion** and cook until the **beef** is browned and the **veggies** tender, 5-6 mins. Use a spoon to break it up as it cooks and drain off any excess fat. **IMPORTANT:** *Wash your hands after handling raw mince. The mince is cooked when no longer pink in the middle.*
- When cooked, add the **garlic** and **Worcester sauce**. Cook, stirring frequently, 1 min.



## Time to Serve

- Share the **BBQ beef pasta** between your bowls.
- Top with the **grated cheese** and a sprinkle of **green chilli** (careful - it's hot, add less if you don't like heat).

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.